

DRILL: 4 DOT SKATING DRILLS

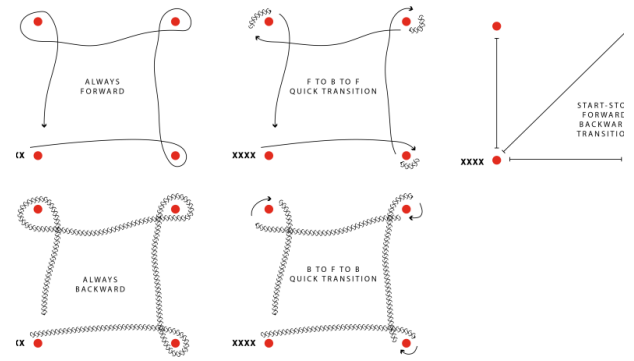
LINK: <https://acimaging.net/hockey/4-dot-skating-drills/>

PURPOSE

Technical skating working on balance, edge control, controlling/gaining speed, and transitions.

HOW TO

- Use 4 dots to work on skating. Can also use 4 cones to adjust spacing of drill. See website for variations



DRILL: HALF WALL 2V1 – CAN USE TIRES AS MARKERS

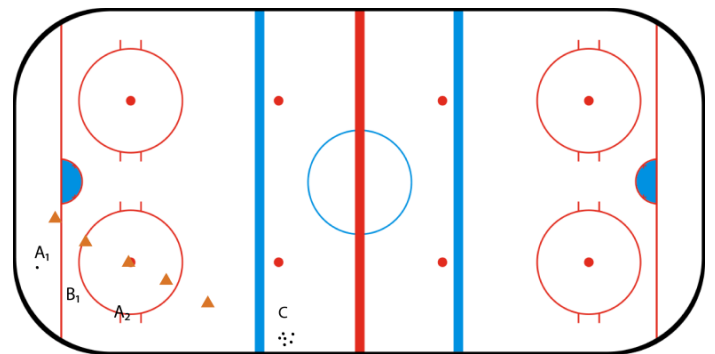
LINK: <https://acimaging.net/hockey/half-wall-2v1/>

PURPOSE

Small area containment and passing lanes.

HOW TO

- Coach sets up cones (or draws line) to block off side wall area.
- Two players are on offense (A1 & A2) and one on defense (B1). Coach throws puck into area and players must play 2v1.
- A team must make 4 (or coach designated amount) of consecutive passes before being allowed to vacate the area and take a shot on net. If B makes 2 take aways (or coach designated amount) they get to pick up a puck and take a shot.



DRILL: SHIELD DRILL – 3 TIRES & PASSER

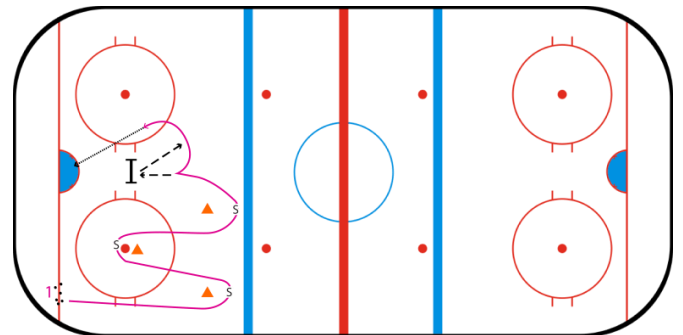
LINK: <https://acimaging.net/hockey/shield-drill/>

PURPOSE

Stick handling drill to work on shielding the puck from an opponent and adjusting shooting angle of a deflection or quick pass

HOW TO

- Players start in corner with puck.
- Skate up and around each of the cones, shielding away from the cone with their body as if it were a defender
- After the third cone, player makes pass off rebounder, adjusts shooting angle, and takes quick shot
- Adjusting shooting angle: opening up to shot, quickly moving from backhand to forehand or vice versa, etc.
- Repeat on other side



DRILL: DANGEROUS MAN PRGRESSIVE

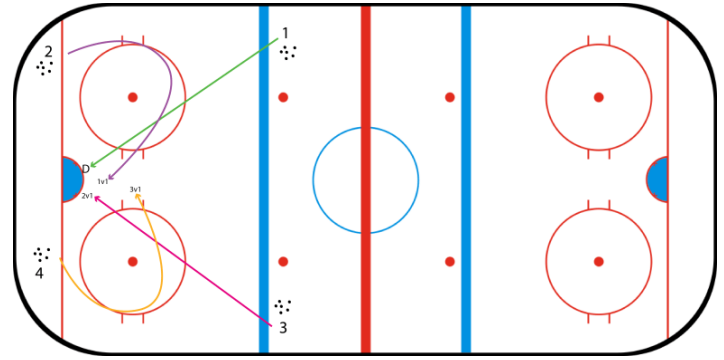
LINK: <https://acimaging.net/hockey/dangerous-man-progressive/>

PURPOSE

This drill serves two main purposes. Defensively, it serves to recognize the dangerous man, forcing the pass or shot, and sliding between man to man and zone coverage as the play dictates. Offensively, it develops attack angle progression and using the space you have.

HOW TO

- Players are split into 4 lines – at each end of the blue and in each corner.
- Player 1 drives to the net on a 1v0. Once the shot is taken, they become a D.
- Immediately after the shot by 1 is taken, 2 curls from the corner and the play is now a 1v1. Once a shot is taken or the puck is cleared, player 3 drives in from the point creating a 2v1. They can shoot or make a play with player 2.
- Once a shot is taken, player 4 curls in from the opposite corner creating a 3v1. Play ends after the shot or on the whistle – coach's choice.



DRILL: HUNTER-GATHERER – 3 TIRES

LINK: NO LINK AT THIS TIME

PURPOSE

Competition, angling, reading plays/ hockey sense

HOW TO

- Divide into two teams with tire in the middle of the play area
- Player from Team A had to dump puck in off the tire. Player from Team B has to gather the puck and try to score with player from Team trying to “hunt” them down, gain possession and “score” by exiting through the cone gates or opposing goalie if available.
- Alternate offensive team